

Wheelchair Repair

The main repair station will be located at the **Marriott Rivercenter Hotel**. There will be a secondary repair station located at the **Convention Center**. Invacare technicians will be at each of the events, handling minor repairs on the spot. Unfortunately, we will not have repair stations or technicians at all of the hotels.



To receive bathroom safety items, or durable medical equipment (DME), go to conference room 13 or 14 at the Marriott Rivercenter for pick-up. Hours are 10:00 a.m. until 4:00 p.m.

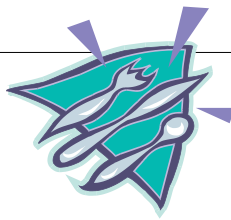
The phone number in conference room 13 is 554-6102, or 669-9924. When you check out of your hotel room, please deliver the DME to conference room 13.

Want continuing education credit for certification as a recreation therapist or to maintain your certification? Attend the Outdoor Education Sessions on July 7, at Northside Independent School District Athletic Complex. Presenter will be Barbara Chambers (track and field) from 9:00 a.m. to 10:00 p.m.

LOST: \$90 on Tuesday. If found, call volunteer John Greaney at the Comfort Inn.

Lost: Wallet. If found, call Dennis Thomas at Marriott Rivercenter

The Memorabilia Committee is selling National Veterans Wheelchair Games polo shirts for \$17, T-shirts for \$5 (up to XL, \$8 for XXL), and baseball caps for \$7 at the Henry B. Gonzalez Convention Center until they sell out. Selling hours are: July 6, 8 a.m. - 4:30 p.m.; July 7, Northside Independent School District Stadium, 8 a.m. - Noon; Convention Center, 1 p.m. - 5 p.m., and July 8, 8 a.m. - 4 p.m.



Today's Menu

Breakfast (will be served from 6:00 a.m. to 9:00 a.m. at the Marriott and Westin):

Assorted Chilled Juices
Fresh Sliced Fruit
Pastries, Muffins, Bagels
Chef Tim's Eggs Rancheros
Coffee, Tea, Milk

Lunch:

Assorted Sandwiches/Wraps
Homestyle Potato Salad
Chips

Cookies/Brownies

Iced Tea

Dinner:

Italian Salad

Meat Lasagna

Italian Style Squash with Mushrooms and Tomatoes

Warm Garlic Bread

Sweet Street Desserts

Iced Tea

Space is still available

Thursday, July 6, Far West Rodeo, free. Leave Convention Center at 7:00 p.m.; **Friday July 7, Laredo Shopping (Mexican border)**, free. Leave San Antonio at 7:00 a.m., return at 3:00 p.m. (space is limited, not wheelchair accessible); **Saturday, July 8, Antiquing in Fredericksburg**, \$3 per person. Leave San Antonio at 8:00 a.m., return at 3:00 p.m. (**wheelchair buses full**); **July 7, last day to sign up for remaining events**. For tickets call Darla Forney at 559-9928 or 617-5300, ext. 5761.

Feeling hot, hot, hot?

* Wear loose, light-colored, cotton clothing and a cap or wide brimmed hat

* Protect your skin with plenty of sunscreen lotion SPF 20 or more

* Use sunglasses to reduce glare or protect your eyes and apply lip balm often and generously

* Use a spray bottle or wet towel to cool yourself down or take a "siesta" inside for awhile

* Drink plenty of fluids on a frequent basis. If you feel thirsty, you are already one quart of fluid behind your normal requirements. Most of your liquid intake should be water

* Avoid alcoholic beverages and minimize coffee and tea intake which can act as a diuretic to make you more dehydrated.

Medical Aid Stations are located at:

Rivercenter Marriott, room 3530

6a - 10p, Mon.-Fri.; 6a - 12p, Sat.

Conv. Center, Event Ballroom

8a - 10p, Tues. - Fri.; 11a - 4p, Sat.

Northside Stadium (under bleachers)

8a - 10p, Thurs. - Fri.; 8a - 1p, Sat.

Medical staff include:

Dr. Bob O'Hara, Chicago

Dr. Leigh Anderson, Denver

Dr. Donna Blake, Denver

Dr. Ken Lee, Palo Alto

Dr. Dan Scott, Denver

Dr. Karen Wolflein, Denver

PA-C Vera Arnold, Chicago

PA-C Janice Feincher, San Diego



VISN 17 Medical Assistance Team volunteers are wearing mauve T-shirts with a white cross on the back and are carrying black back packs or orange kits.

UP CLOSE:

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Barriga was also sent by a VA recreation therapist from Miami. "It's come a long way since then."

Favorite aspects of the Games had a common theme among our seasoned veterans, who all named friendship, fellowship and camaraderie. "It's seeing everybody every year, all the different people," says Thompson, using words echoed by the others. They also agree it's not so much the medals (though between them there are far too many to count). As Joseph Lacertosa says, "I've made many friends here!" And, while Barriga enjoys the competition,



Stef Florescu with National Event Director Tom Brown.

he also likes watching the other veterans compete and "just seeing them do the best that they can."

Although a few of the veterans did have some favorite Games, most had trouble naming just one place or year. For May, "all the San Antonio Games rank right up there." Milwaukee, Wisconsin (1982) was named by two of the vets. Others liked New Orleans (1990), Seattle (1996) and Puerto Rico (1999). For Florescu and Thompson, "They've all been great!"

The Games have come a long way since they first began. May noted the broader range of disabilities present. "There's a lot more for the quads, and it's really great to see that." Lacertosa thinks, "The competition is a little harder now." Barriga described all the changes in technology that have taken place over the past 20 years. "All the equipment that disabled people can utilize now — that's

been a big change." For Roy Nungester, who was at the first Games but missed one or two since then due to illness, "These Games have outgrown them all. There's a lot more competition now, also a lot more volunteers — we couldn't do this without them!"

The veterans all agree on one thing — the Games have given them encouragement, better health, and renewed energy. They all want to keep on coming back — as Leon Thompson puts it, "For as long as I'm alive!"

"The Games keep me busy and active," said May. "As soon as this one's over, I'll be thinking of next year! I think it's going to be a lifetime thing!" For Lacertosa, "This gives my spirit a get up and go!"

Although every veteran does not know all of the others, they all seemed to know Tony Barriga! "He's so filled with enthusiasm," said Florescu.

So what does Tony Barriga really think about these Games? "You're automatically a winner whenever you approach something like this. This is the best medication that's ever been given to a veteran!"



Tony Barriga — a very familiar face at the National Veterans Wheelchair Games.

Did You Know?



Second grader Gina DeGasperi, granddaughter of retired UPS vice president and sponsor Siro DeGasperi, won first place in a poster contest at her elementary school, Birch Lane, in Massapequa, N.Y.

Challenged by the theme, "Any-



thing is possible if . . .," children were asked to complete the statement. Gina chose something she knew a lot about — the National Veterans Wheelchair Games. A veteran of three Games, Gina wanted to share her experiences, so she designed a poster with some of her NVWG friends, and completed the statement, "If you believe in yourself!"

She presented the poster to John Hanson, Assistant Secretary of Public and Intergovernmental Affairs on Monday.



Hospitality Booth Door Prize Drawing

Landon Henderson was the lucky winner of Tuesday's drawing, a dinner for two at Schilo's.

Register daily for a chance to win

20TH NATIONAL VETERANS WHEELCHAIR GAMES

SCHEDULE OF EVENTS

THURSDAY, JULY 6

6:00 - 9:00 AM
8:00 AM

BREAKFAST
SLALOM
TABLE TENNIS
BOWLING
AIR GUNS
WEIGHTLIFTING WEIGH-IN
SLALOM

MARRIOTT RIVERCENTER/WESTIN
CONVENTION CENTER (IV-V)
CONVENTION CENTER (II-III)
AMF COUNTRY LANES (IA-IB-IC, STK., HDL.)
CONVENTION CENTER
CONVENTION CENTER
CONVENTION CENTER (II-III)

9:00 - 11:00 AM
10:00 AM

TABLE TENNIS

CONVENTION CENTER (IV-V)

11:00 AM - 1:00 PM
1:00 PM

AIR GUNS
LUNCH
SLALOM
TABLE TENNIS
BOWLING
9 BALL
AIR GUNS
TABLE TENNIS
AIR GUNS
SLALOM (EXHIBITION)
DINNER
WEIGHTLIFTING
SWIM
SOCIAL

CONVENTION CENTER
CONVENTION CENTER
CONVENTION CENTER (IA-B-C)
CONVENTION CENTER (IC)
AMF COUNTRY LANES (RAMP)
GALAXY BILLIARDS (II-III)
CONVENTION CENTER
CONVENTION CENTER (IA-B)
CONVENTION CENTER
CONVENTION CENTER (SUPER "G")
CONVENTION CENTER
CONVENTION CENTER
NATATORIUM
FAR WEST RODEO

3:00 PM

4:00 PM
4:30 PM - 6:30 PM
6:30 PM

7:00 PM

FRIDAY, JULY 7

6:00 AM - 9:00 AM
8:00 AM

BREAKFAST
FIELD
SOFTBALL
TRACK
FIELD
FIELD
SOFTBALL
FIELD

MARRIOTT RIVERCENTER/WESTIN
NORTHSIDE ISD (IV)
NORTHSIDE ISD
NORTHSIDE ISD (IA-B-C)
NORTHSIDE ISD (V)
NORTHSIDE ISD (III)
NORTHSIDE ISD
NORTHSIDE ISD (II)

9:00 AM

10:00 AM

11:00 AM
11:00 AM - 1:00 PM
1:00 PM

LUNCH
BASKETBALL
QUAD RUGBY
BASKETBALL
QUAD RUGBY
DINNER
FIELD
TRACK

CONVENTION CENTER
CONVENTION CENTER
CONVENTION CENTER
CONVENTION CENTER
CONVENTION CENTER
NORTHSIDE ISD (IA-B-C)
NORTHSIDE ISD (II-V)

3:00 PM

4:30 PM - 6:30 PM
7:00 PM

SATURDAY, JULY 8

6:00 AM - 9:00 AM
8:00 AM

BREAKFAST
ARCHERY
SOFTBALL
HAND CYCLING
5K ROAD RACE
MOTOR RALLY
SOFTBALL FINALS
LUNCH
QUAD RUGBY FINALS
BASKETBALL FINALS

MARRIOTT RIVERCENTER/WESTIN
NORTHSIDE ISD
NORTHSIDE ISD
FT. SAM
FT. SAM
HEMISFAIR PARK
NORTHSIDE ISD
CONVENTION CENTER
CONVENTION CENTER
CONVENTION CENTER

9:00 AM

10:00 AM

11:00 AM - 1:00 PM
1:00 PM
3:00 PM

7:00 PM

CLOSING BANQUET

MARRIOTT RIVERCENTER

TRANSPORTATION

THURSDAY, JULY 6

6:30 AM - 5:00 PM

BOWLING/SHUTTLE

CONV CTR/AMF COUNTRY LANES

11:00 AM - 5:00 PM

9 BALL/SHUTTLE

CONV CTR/GALAXY BILLIARDS/CONV.CTR.

5:00 PM - 11:00 PM

SWIMMING/SHUTTLE

CONV CTR/NATATORIUM

6:30 PM - 11:00 PM

SOCIAL/SHUTTLE

CONV CTR/FAR WEST RODEO

FRIDAY, JULY 7

6:00 AM - 1:00 PM

TRACK/FIELD/CONV. CTR. SHUTTLE

CONV CTR/NISD

4:00 PM - 11:00 PM

TRACK/FIELD/CONV. CTR. SHUTTLE

CONV CTR/NISD

SATURDAY, JULY 8

6:30 AM - 12:30 PM

ARCHERY/SOFTBALL SHUTTLE

CONV CTR/NISD/CONV CTR

6:30 AM - 12:30 PM

5K/HAND CYCLE SHUTTLE

CONV CTR/FT. SAM



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